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Travel Pg 15

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VANCOUVER • WEDNESDAY, SEPTEMBER 3, 2008 metro

Celeb Pg 22

Rimes, hubby ready for baby

Battle at home rages on

After 7 years, 93 soldiers' lives and $7B, Canadians still split on Afghan war

LAURA EGGERTSON
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As Canada approaches the tragic milestone of 100 soldiers killed in Afghanistan, voices across the country debate the rising cost, both human and economic, of a conflict that rivals the Second World War in length.

In October 2001, Canada joined the U.S.-led war on terrorism, launching Operation Apollo in response to the attack on the World Trade Center. To date, more than 20,000 Canadian Forces personnel have served in Afghanistan's shifting sands, with some soldiers on their second or third tours of duty.

Canada has lost 93 soldiers, diplomat Glyn Berry, and aid workers Shirley Case and Jacqueline Kirk. Close to 300 soldiers have been wounded in action.

"From an army as small as Canada's … that's a lot of people," says Martin Shadwick, a defence analyst at Toronto's York University.

As of March 31, according to the Canadian Centre for Policy Alternatives, Canada has spent more than $7 billion on the war, including salaries, food and equipment for troops. Those figures are based on the Defence Department's budgetary estimates to Parliament.

Those opposed to the war question whether Canada is meeting its definitions of success. "All of the arguments — restoring democracy, defending women's rights — none of these things have happened," says James Clark, of the Toronto Coalition to Stop the War.

But other organizations, including Canadian Women for Women in Afghanistan, insist Canadians make a difference. "Yes, it is worth it," says Janis Rapchuk, of the Calgary-based organization.

She cites the increasing number of children in schools and women taking human rights, literacy, computer and teachers' training.

Pollsters say Canadians are divided about Canada's presence in Afghanistan, with a slight majority favouring withdrawal if the Canadian casualty count grows. The intensity of those positions will likely deepen with further casualties, says Nik Nanos, president of Nanos Research.

MORE COVERAGE ON AFGHANISTAN, PAGES 6 & 7

RYAN TAPLIN/METRO CANADA FILE PHOTO

Cpl. Kris Evong from Porters Lake, N.S., is hugged by his wife Kelly as he kisses his son Gage, 2, preparing to deploy to Afghanistan in January 2007. Evong was one of approximately 120 soldiers who shipped out as part of Joint Task Force Afghanistan Rotation 3.

"All of the arguments — restoring democracy, defending women's rights — none of these things have happened."
James Clark, Toronto Coalition to Stop the War

UBC's health centre to give free condoms

DISEASE AWARENESS Almost half of sexually active undergrads at the University of British Columbia use condoms, and the administration doesn't want the other half to have an excuse not to.

UBC's Student Health Centre is teaming up with Trojan, distributing 25,000 free condoms in its second run of a back to school campaign to raise awareness about sexually transmitted infections (STIs) and diseases.

Patricia Mirwaldt, director of the health centre, said that in a survey conducted in March, 48 per cent of UBC undergrads said they didn't use a condom the last time they had sex.

KRISTEN THOMPSON /METRO VANCOUVER

Canucks honour Luc Bourdon

TRIBUTE The Vancouver Canucks will honour Luc Bourdon prior to their Oct. 9 home opener at GM Place and will wear a tribute to the defenceman on their helmets for the 2008-2009 season. Bourdon, the Canucks' 1st round (10th overall) pick in 2005, died in May when his motorcycle collided with a tractor-trailer near his hometown of Shippagan, N.B. Bourdon was 21.

Luc Bourdon

JEFF HODSON/METRO VANCOUVER

Local page 3

Accused driver hospitalized

Entertainment p 20

Big screen hits & misses

World page 8

Washington shooter kills 6

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Canada Line to get test-run in Richmond
Canada Line tracks are now energized in Richmond, TransLink announced yesterday. Trains will be testing the new SkyTrain route linking downtown Vancouver to the airport between Bridgeport and Richmond-Brighouse stations. METRO NEWS SERVICES

Local

$50,000 in artwork stolen

More than $50,000 in Kwantlen First Nations artwork was stolen from the Fort Langley Museum, RCMP announced yesterday. Thieves broke a window and smashed display cases to access the pieces on Monday night. METRO NEWS SERVICES

Accused in sushi restaurant deaths taken to hospital

IRVING A Maple Ridge man accused of killing two women when he crashed his pickup truck into a crowded sushi restaurant has been taken to hospital with undisclosed injuries and did not appear in court yesterday as planned.

Brian Craig Irving, 51, faces two counts of second-degree murder and six counts of attempted murder stemming from the Aug. 28 incident at Halu Sushi in Maple Ridge.

Maija-Liisa Corbett, 19, and 46-year-old restaurant employee Hyeshim Oh died following the crash that injured six others.

RCMP Cpl. Dale Carr said Irving, who was being held at the Ridge-Meadows RCMP Detachment, was taken to hospital for medical treatment. He did not say what treatment the Maple Ridge man needed.

Irving will be kept in hospital for a couple of days and will likely appear in Port Coquitlam court tomorrow.

JEFF HODSON/METRO VANCOUVER

Schools drive busy commute

Mayoral candidates hop on busy lineups to campaign

JEFF HODSON
jeff.hodson@metronews.ca

Today's morning transit commute threatens to be even busier than yesterday's, TransLink warned, as even more students cram back to class.

TransLink spokesman Drew Snider said while the first day back to school was busy, the peak (8:20 to 8:40 a.m.) was mitigated because public schools had a shortened day and many students commuted outside the peak periods.

The number of secondary and post-secondary students using transit is expected to increase today, Snider said.

As it was, the lineup to catch the B-Line to the University of B.C. at Broadway SkyTrain station stretched through the station and onto Commercial Drive.

Yesterday's back-to-school rush even inspired two Vancouver mayoral candidates.

Buses line up at the UBC bus loop yesterday. With today being the first full day of classes for high school and university students, buses are set to be busier than they have been in several months.

Peter Ladner, the NPA's mayoral candidate, said extending the Millennium Line to UBC is one of his top priorities.

Vision Vancouver candidate Gregor Robertson handed out "G-passes" at Commercial Drive and Granville Street B-Line stops. The passes reminded passengers that the party supports more late-night buses, lower fares and the expansion of the U-pass to Vancouver Community College and Emily Carr.

ShareYourViews
vancouverletters@metronews.ca

News in brief

CHARGES Vancouver lawyer Ian Donaldson was appointed yesterday as a special prosecutor to re-assess charges in an assault allegation against the brother of B.C. cabinet minister Ida Chong. Last Monday, Crown approved an assault charge against Sgt. George Chong of the Victoria police related to an off-duty incident on June 22.

MCMYNN Lawyers for the five men accused of kidnapping Graham McMynn continued to argue in Vancouver court yesterday there's not enough evidence to prove they kidnapped the UBC student in 2006.

METRO NEWS SERVICES

metronews.ca
What's online today.

Watch as friends and family gather in Nova Scotia to mark the ten-year anniversary of the crash of Swissair flight 111. Also, actor Jon Voight unleashes a tirade against Barack Obama at the Republican national convention
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Not so much fun at the Ex

The attendance at the PNE dropped to 753,298, down more than 150,000 people from the 906,808 that attended last year. Rain on 10 of the fair's 17 days is blamed for the drop. METRO VANCOUVER

Pledge to drink from tap

KRISTEN THOMPSON
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Next time you put a bottle of water to your lips don't just think about the good you're doing for your body, but the harm you might be causing the environment.

That's the message of a new Metro Vancouver campaign, Tap Water Pledge, which encourages people to fill reusable bottles with tap water instead of buying one-use plastic bottles.

The campaign kicked off yesterday at the University of B.C., where representatives of the regional district distributed pledge forms to students, promising to only drink tap water.

Coun. Tim Stevenson, Metro Vancouver Water Committee chair, said the goal is to reduce bottled water sales by 20 per cent by 2010.

"(Clean) tap water is a gift to us … that many people in the world don't have."

Martin Hunt, chair of the Waste Management Committee for Metro Vancouver, said it's easy to switch from single-use bottles to reusable tin containers.

"In my walk from the bus loop to Koerner (I was) amazed to see how many garbage containers are filled with (water bottles)," he said.

"It's the simple little decisions we make every day that … affect our environment."

RAFE ARNOTT/METRO VANCOUVER

Marvin Hunt, chair of the Metro Vancouver Waste Management Committee, speaks at UBC yesterday.

Rethinking plastic water bottles

- Around 3 million plastic water bottles ended up in the garbage in 2007.
- Tap Water Pledge is in support of Vancouver's Zero Waste Challenge to divert 70 per cent of solid waste from landfills by 2015.

More water fountains needed on university campuses

Water fountains are becoming an endangered species on university campuses across Canada, a situation that has not gone unnoticed on the University of B.C.'s Point Grey campus.

A new online survey, Corporate Initiatives On Campus: A 2008 Snapshot, found that 33 per cent of students noted a reduction in the number of drinking water fountains on campus.

Stefanie Ratjen, vice president of external affairs for UBC's Alma Mater Society, said yesterday UBC students have voiced similar worries.

"A couple of years ago there was a concern about the amount of vending machines in the SUB (Student Union Building) and the availability of fountains," she said. "There have been concerns about some of the newer engineering buildings that are (under construction)."

Ratjen said that students have noted there either are no, or not enough drinking fountains in the buildings' plans. METRO VANCOUVER

Charges laid in Canada's largest cockfighting ring

BUST Five people are now facing charges in relation to what investigators believe is the largest cockfighting ring ever discovered in Canada, the SPCA said yesterday.

Eduardo Munoz, Jose Estremadura and Edgar Litonjua were arrested Monday and are facing a charge of keeping a cockpit. They are scheduled to appear in Surrey provincial court Sept. 16. Arrest warrants have been issued for two others.

In February, RCMP and B.C. SPCA special constables raided three properties in Cloverdale, recovering 1,270 fighting roosters that were later euthanized. METRO VANCOUVER

News in brief

ACCIDENT A nine-year-old boy was in grave condition in a Vancouver hospital yesterday after being buried in sand on a reserve in Kamloops, CBC News Online reports. The boy was digging tunnels in a sandy bank when one of the tunnels collapsed on him.

INQUEST A bullet-hole analysis in the police-shooting death of 16-year-old Kyle Tait corroborates the testimony of New Westminster Const. Todd Sweet, cknw.com reported yesterday. Sweet told the coroner's inquest the truck was moving forward when he fired three shots.

ASSAULT A 19-year-old Vancouver Island man accused of sexually assaulting a teenage girl, who was later found dead, has been released on bail. Todd Cosmos Amos, 19, is charged with the sexual assault of a 16-year-old neighbour on Aug. 23.

CRASH Four people were injured when a motorcycle struck a turning car near Duncan on Vancouver Island Saturday night. Police believe the motorcyclist was speeding to beat an amber light. He and his female passenger were both seriously injured.

MISSING PERSON Burnaby RCMP are asking for help locating Dennis Henry Robertson, 51, who was last seen on Aug. 27. He has mental health issues and is on medication. METRO NEWS SERVICES

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Emerson won't run again: Report
Vancouver Kingsway MP and current Foreign Affairs Minister David Emerson will not be running again in the election expected to be called this week, according to a CTV News report. METRO NEWS SERVICES

Canada

"He will develop Canada's capacity for a new era of prestige."
Industry minister Jim Prentice speaking about Steve Maclean's, right, appointment as head of the CSA.

New course

Astronaut Steve MacLean, who flew on two space shuttle missions to the International Space Station, will chart a new course as the head of Canadian Space Agency. SOURCE: CBC NEWS ONLINE

Tory majority possible: Poll

Liberal leader Stéphane Dion dismissed a poll yesterday that showed he was headed for defeat in an election expected for next month, saying he was determined to win.

"Polls are like surveys. They come and they go"
Stéphane Dion

Prime Minister Stephen Harper, whose Conservatives won a minority government in January 2006, is expected to request the dissolution of Parliament this week and call an election for Oct. 14.

A Strategic Counsel poll showed the Conservatives had the backing of 37 per cent of voters, close to the 40 per cent threshold that experts say gives them a strong chance of winning a majority.

"Polls are like surveys. They come and they go. What remains is our determination to win this election for Canadians," Dion told reporters in Regina, Saskatchewan.

Strategic Counsel put the Liberals at 29 per cent, the New Democrats at 17 and the Greens at nine percent.

Recent surveys by other polling companies showed the two top parties were tied. REUTERS

Bayswater **Swissair memorial**

PAUL DARROW/REUTERS

Veronique Noceto of France shows the names of her parents on the Swissair Flight 111 memorial to her five-year-old daughter Kaitlyn during the 10th anniversary service in Bayswater, Nova Scotia, yesterday. The flight crashed into the sea off Nova Scotia on Sept. 2, 1998, claiming the lives of all 229 aboard.

Greens willing to go to court over debate: May

POLITICS Green Party Leader Elizabeth May's fight to get a spot in the televised leaders' debates could wind up in the courts.

Elizabeth May

The Green Party has hired Toronto lawyer Peter Rosenthal to press May's case and is suggesting it could resort to legal action to make sure the party leader is able to join the four other political leaders for the election debates.

"The question is still up in the air, as we understand it, and the legal questions are pretty important." May said in an interview yesterday.

May says she cleared the last hurdle to joining in the debates by announcing that Independent MP Blair Wilson had decided to sit as a Green MP. But the stations have yet to rule on her appearance and her participation remains uncertain. TORSTAR NEWS SERVICE

Correction

The Swissair story on yesterday's Canada page said that of 23 recommendations made by the Transportation Safety Board of Canada, "only two" were adopted. For the purpose of clarity, it should be said that board rated six of the recommendations as reaching varying levels of satisfaction.

Canada's Mission in Afghanistan

DEPARTMENT OF NATIONAL DEFENCE PHOTO

Sgt. Frank Hudec of the Van Doos Royal 22nd Regiment walks in Kabul, Afghanistan, during Operation Athena.

Homecoming wave of relief

JEFF CUMMINGS
for Metro Canada

They have served their country proudly, and now they are about to return to a hero's welcome.

Starting tomorrow night, and continuing over the next six weeks, the roughly 1,200 Edmonton Garrison soldiers stationed in Afghanistan are due to rotate home.

To mark the occasion, Edmontonians are tying the city up in yellow: Ribbons will festoon trees, street lamps, power poles and houses.

"These men and women have been away from their families and community for so long and they've been through such inconceivable challenges and stress," said military wife Carolyn Patton.

The relief will be felt across the city as the soldiers begin coming home after this deployment.

The receptions promise to be a fitting tribute to the soldiers who sacrificed so much for their country.

News in brief

MEDIA How is the national media covering Canada's mission in Afghanistan? Enormously. Influence Communication, a Montreal-based media analysis group, says 170 articles about the mission are published per day in Canada, with 41,000 since Jan. 1. Coverage of subjects, in order of resonance with readers, are: Canadian losses; the role of the U.S. and NATO; reports with local angles; statements from politicians; details about military operations; and, finally, Afghan civilian casualties, which, according to the group, account for only 2 per cent of the content.

MATHIAS MARCHAL/
FOR METRO CANADA

Keeping dream alive

Vancouver man killed in Afghanistan lived to help others

ANDREA WOO
for Metro Vancouver

The friends of a Vancouver man killed in Afghanistan two years ago are helping keep his dreams alive.

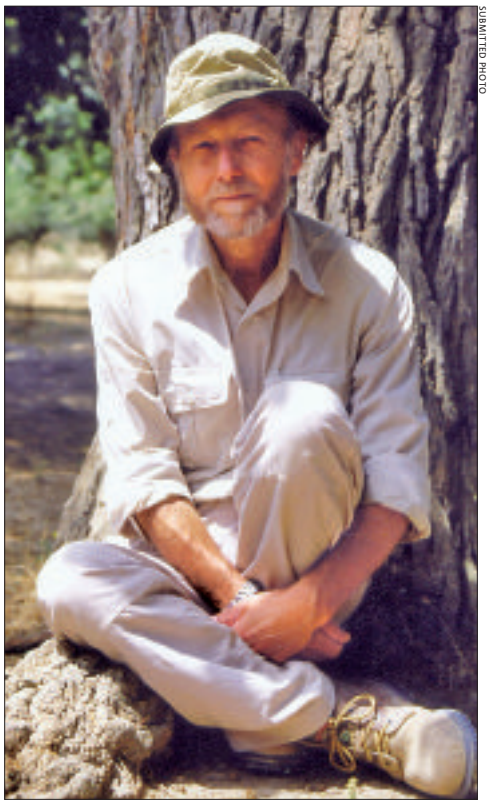
Mike Frastacky, a 56-year-old Vancouver carpenter, was shot to death on July 23, 2006 by unknown men in the north-eastern town of Nahrin, during one of several trips there to build a school.

Zakia Kator, the daughter of the Afghani man with whom Frastacky worked on the school, helped set up the Mike Frastacky Humanitarian Foundation to raise money for its expansion.

"Frastacky had something to give to the world and he wanted to make a difference," said Kator, on the phone from California, where she lives.

Kator said there are about 750 students enrolled at the school today, up roughly 50 from last year and 170 from when Frastacky was killed. A wall that he had been building to keep animals out has been completed and the school's aging water well has been replaced.

The year he was killed, the school offered grades 1 to 6. Last year, it added Grade 7, and this year it's up to Grade 8.



SUBMITTED PHOTO

Friends of Vancouver carpenter Mike Frastacky, pictured, are working to improve the Afghan school he was helping to build before he was killed in 2006. Frastacky was killed by gunmen while building a school in Nahrin, Afghanistan, in 2006.

Upcoming goals, said Zakia, include expanding the library, building more classrooms and buying desks and chairs, since students currently sit on the floor.

Frastacky's sister, Luba, a teacher at the University of Toronto, remembers him as someone who was always driven by a desire to make things better.

"I remember when he was about 16 he began to develop this thing of wanting to help save the world, but at the time I thought it was a 16-year-old's fantasy," she said. "It turned out that he did that."

A tireless traveller, Frastacky fell in love with Nahrin after Kator introduced him to the town.

Wanting to give something to its people, he began building the school in the early 2000s and returned for a few months every year to add to it.

In 2006, however, he said it would likely be his last trip to the region for a while, citing concerns for his safety.

To this day, it is not known why he was killed, though some have speculated it was because girls were being educated at his school.

Foundation

- Donations for the school in Nahrin can be sent to:
Mike Frastacky Humanitarian Foundation
2279 Eagle Glen Parkway
#112 P.O. Box 323
Corona, Calif., 92883

Challenges remain for women in Afghanistan

KATE CARRAWAY
for Metro Canada

Any military conflict will be riddled with underlying political and social issues, but some wars reveal and challenge tremendous and long-standing problems. Such is the case with women's rights in Afghanistan.

Lauryn Oates is a Vancouver-based project director with the Canadian Women for Women in Afghanistan organization and a freelance consultant on gender equity and human rights. When asked about the specific challenges that women in Afghanistan face, Oates says the implications of Afghan customs on women's lives are serious.

"Girls may not be permitted to study at the secondary level, or women may not be allowed to leave their homes unaccompanied by a male relative," she said. Oates added that most marriages in Afghanistan are forced and often imposed on young, pre-pubescent girls. Domestic abuse is also an ongoing, systemic problem. But hope still exists for these women, she adds.

DEPARTMENT OF NATIONAL DEFENCE PHOTO

Sgt. Roxanne Clowe, from the Canadian Provincial Reconstruction Team, visits with an Afghan woman and a child.

Facts on Canada's Afghan mission

Currently serving: 2,500 Canadian Forces personnel in Afghanistan, part of the NATO-led International Security Assistance Force.
Past service: Close to 20,000 Forces personnel have served in Afghanistan.
Canadian deaths: 93 soldiers
Diplomats killed: Glyn Berry, as a result of a car bomb Jan. 15, 2006, when he was travelling southeast of Kandahar City.
Aid workers killed: Jacqueline Kirk and Shirley Case, on Aug. 13, 2008.
Afghan civilians killed: The Canadian Defence Department does not keep figures on the number of Afghans killed or injured, says spokesperson Lt. Isabelle Riché. University of New Hampshire professor Marc Herold, tallying the deaths from public sources, puts the figures at 6,465 (conservative estimate) to 7,689 Afghan civilians killed as a direct result of U.S. and NATO actions between October 2001 and Aug. 29, 2008.
Canadian soldiers injured: 280 wounded in action, as of Dec. 31, 2007; 395 non-battle-related injuries while serving in Afghanistan.
Full cost: $7 billion as of March 31, 2008, according to the Canadian Centre for Policy Alternatives, based on Defence Department estimates; includes cost of feeding, transporting and equipping Canadian Forces' personnel.
Incremental (operational) cost: $3 billion.
Duration of mission: The Harper government has said Canada will stay in Afghanistan until 2011.
Other coalition forces: 40 nations have contributed troops, including the United States, Germany, the United Kingdom, Australia and Italy.
Children in school: 7 million today, versus 1.2 million in 2001. Today, 2 million of those schoolchildren are girls, according to NATO's International Security Assistance Force.
Access to health care: Up to 83 per cent of Afghans have access to basic health care, according to NATO, versus 8 per cent in 2001.

LAURA EGGERTSON/
FOR METRO CANADA

General's words
"When a soldier steps on foreign soil in a high-risk environment, every single Canadian should be walking with him or her." — Former Chief of Defence Staff Gen. Rick Hillier. METRO NEWS SERVICES

Canada's Mission in Afghanistan

Canada's fallen heroes

A look back at those who paid the ultimate sacrifice between 2002 and 2008

Sapper Stephan Stock

Cpl. Dustin Wasden

Sgt. Shawn Eades

Master Cpl. Erin Doyle

Master Cpl. Joshua Roberts

Cpl. James Hayward Arnal

Pte. Colin William Wilmot

Cpl. Brendan A. Downey

Capt. Jonathan S. Snyder

Capt. Richard Steve Leary

Cpl. Michael Starker

Pte. Terry John Street

Sgt. Jason Boyes

Bombardier Jérémie Ouellet

Trooper Michael Y. Hayakaze

Cpl. Étienne Gonthier

Trooper Richard Renaud

Warrant Officer Hani Massouh

Cpl. Éric Labbé

Gunner Jonathan Dion

Pte. Michel Lévesque

Cpl. Nicolas R. Beauchamp

Cpl. Nathan Hornburg

Maj. Raymond Ruckpaul

Master Cpl. Christian Duchesne

Master Warrant Officer Mario Mercier

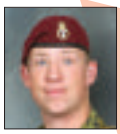
Pte. Simon Longtin

Capt. Jefferson Francis

Cpl. Jordan Anderson

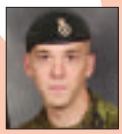
Capt. Matthew Johnathan Dawe

Master Cpl. Colin Bason


Cpl. Cole D. Bartsch

Pte. Lane Watkins

Sgt. Christos Karigiannis


Cpl. Stephen Frederick Bouzane

Pte. Joel Wiebe

Trooper Darryl Caswell

Master Cpl. Darrell J. Priede

Cpl. Matthew McCully

Master Cpl. Anthony Klumpenhouwer

Master Cpl. Allan Stewart

Trooper Patrick James Pentland

Sgt. Donald Lucas

Cpl. Brent Poland

Cpl. Christopher Stannix

Cpl. Aaron E. Williams

Pte. David R. Greenslade

Pte. Kevin V. Kennedy

Cpl. Kevin Megeney

Chief Warrant Officer Robert Girouard

Cpl. Albert Storm

Sgt. Darcy Tedford

Pte. Blake Williamson

Trooper Mark Andrew Wilson

Sgt. Craig Gillam

Cpl. Robert Mitchell

Pte. Josh Klukie

Cpl. Glen Arnold

Pte. David Byers

Cpl. Shane Keating

Cpl. Keith Morley

Pte. Mark Graham

Pte. William Cushley

Warrant Officer Frank R. Mellish

Warrant Officer Richard F. Nolan

Sgt. Shane Stachnik

Cpl. David Braun

Cpl. Andrew Eykelenboom

Master Cpl. Jeffrey Walsh

Master Cpl. Raymond Arndt

Pte. Kevin Dallaire

Sgt. Vaughan Ingram

Cpl. Bryce Keller

Cpl. Christopher Reid

Cpl. Francisco Gomez

Cpl. Jason Warren

Cpl. Anthony Boneca

Capt. Nichola Goddard

Cpl. Matthew Dinning

Bombardier Myles Mansell

Cpl. Randy Payne

Lt. William Turner

Pte. Robert Costall

Master Cpl. Timothy Wilson

Cpl. Paul Davis

Mr. Glyn Berry

Pte. Braun Woodfield

Cpl. Jamie Murphy

Cpl. Robbie Beerenfenger

Sgt. Robert Short

Cpl. Ainsworth Dyer

Pte. Richard Green

Sgt. Marc Léger

Pte. Nathan Smith

DEPARTMENT OF NATIONAL DEFENCE PHOTOS

Bob Hope fans can say thanks for the memorabilia

Five years after his death at age 100, nearly everything in comedian Bob Hope's Los Angeles home office will be sold in an auction set for Oct. 18-19 in Beverly Hills that is expected to gather between $200,000 and $400,000. The sale will benefit U.S. veterans. REUTERS

World

Clooney boosts Obama

George Clooney has raised hundreds of thousands of dollars for U.S. presidential candidate Barack Obama through an exclusive event in Geneva, Switzerland. Some 170 contributors paid $1,000 a head to hear him speak at a cocktail party held in a museum, while 75 more paid $10,000 to attend a "private dinner." REUTERS

Palin fuels 'mom wars'

POLITICS News that Republican vice-presidential candidate Sarah Palin is running for office while parenting an infant son with Down Syndrome and a pregnant 17-year-old has drawn debate from both political sides.

"My only reservation would be that her son has Down Syndrome and ... her being away so much," said Lindsay Matlock, a volunteer at this weeks' Republican convention.

Some, meanwhile, say it would be sexist to question her ability to juggle motherhood and work.

"If we say a woman can't have a career when her children are babies, we are discriminating based on gender," said Democrat Barbara Matousek, a Wisconsin working mother. REUTERS

Australia **Heels of steel**

WILL BURGESS/REUTERS

Brittney McGlone, 18, charges to victory in a stiletto sprint race for a prize of A$5,000 ($4,250) in Sydney, Australia, yesterday.

Washington shooting kills 6

Six people were killed and two were wounded in Washington State yesterday afternoon after a man went on a shooting rampage.

The suspect, a man police had previously identified as "possibly mentally disturbed," turned himself in at the end, according to the Seattle Post-Intelligencer.

Among the dead is a Skagit County sheriff's deputy who initially responded to a call near the small town of Alger. Police did not release details about the call. At the same house, another person was killed, as were two construction workers.

From there, the suspect fled on Interstate 5, where a passing motorist was shot and killed as the gunman reportedly fired wildly as he drove. The chase ended unexpectedly when the suspect pulled into a police station and surrendered.

Later on, officers found another person dead at an address a few houses away from the first crime scene.

Among the wounded is a State Patrol trooper who was grazed in the arm during the highway pursuit.

Police did not release the name of the victims or of the suspect by press time.

METRO NEWS SERVICES

News in brief

GUSTAV Cleanup efforts have begun in New Orleans in the aftermath of Hurricane Gustav, but 1.9 million evacuees from the city must wait until Thursday to return home. Six were killed by the storm, which left nearly 100 dead in the Dominican Republic, Haiti and Jamaica last week.

YOUTH Researchers have noticed a spike in suicides by youth between 10 and 19. Rates jumped by about 18 per cent in 2004, cancelling a steady decline in youth suicide over the past decade. The increase coincided with government warnings about the use of anti-depressants in teenagers and adolescents, causing some doctors to believe they may be linked.

CONGO A Canadian was among 17 passengers in a plane carrying aid workers that crashed in the Democratic Republic of Congo Monday. All 17 are feared dead. REUTERS

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Bombardier wins Swiss rail-car order

Bombardier Inc. said its rail subsidiary, in partnership with Germany's Siemens, has won a $277 million US order to build 121 double-decker rail cars for the federal railway in Switzerland, CBC News Online reports. METRO NEWS SERVICES

Business

DOLLAR		OIL
0.58¢	C$ $93.58 US	$109.71 US
	US$ $1.0686	$5.75

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Google unveils browser

CHROME Google Inc.'s new browser software is designed to work "invisibly" and will run any application that runs on Apple's Safari browser, company officials said yesterday.

The company said the new web browser, dubbed Google Chrome is now available for download at www.google.com/chrome. The public trial of the browser will be available in 43 languages in 100 countries. REUTERS

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GM in India **Igniting a Spark**

PUNIT PARANJPE/REUTERS

Workers at General Motors' new plant in India's western Maharashtra state, prepare to roll out the Spark passenger car yesterday. GM's chief operating officer Fritz Henderson said the company will continue investments in emerging markets as it strives to turn around its North American business.

Business in brief

IPOD Apple Inc. is expected to unveil new iPod music players, and possibly price cuts, next Tuesday, but not a long-awaited update to its MacBook laptops until a later date.

CORRUPTION A Las Vegas court Friday convicted two former Bank of China managers and their wives in a $485 million money laundering and racketeering scheme. REUTERS

Oil tumbles after Gustav

Canadian energy stocks, including heavyweights Suncor Energy and Imperial Oil, tumbled with oil and gas prices yesterday after initial assessments showed hurricane Gustav spared major U.S. Gulf production facilities.

Oil fell 5 per cent to $109.71 US a barrel, and natural gas futures skidded 8.6 per cent to $7.261 per million British thermal units.

Canadian spot natural gas in Alberta sank to an eight-month low, averaging $6.13 per gigajoule.

Oil could get stuck in the current range, assuming minimal storm damage to Gulf facilities and slack demand for crude amid the weak U.S. economy. Working against that could be a cut in production from OPEC, which meets next week, FirstEnergy Capital analyst Martin King said.

But natural gas prices may be in for a further slide, with inventories climbing quickly after moderate North American weather in the second half of August.

"There's no OPEC to fall back on for this one," King said. REUTERS

Pumping again

- Full resumption of output in the Gulf of Mexico, where 25 per cent of U.S. oil and 15 per cent of the natural gas is produced, could take a couple of weeks.

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NBA

The Miami Heat signed free agent centre Jamaal Magloire yesterday. Magloire, a Toronto native, split the 2007-08 season between the New Jersey Nets and the Dallas Mavericks. He averaged 1.8 points and 2.9 rebounds in 9.2 minutes per game. **METRO NEWS SERVICES**

Sports

Tiger to welcome new cub

Elin Woods, wife of world No. 1 Tiger, is expecting the couple's second child. "Elin and I are proud to announce we are expecting our second child in late winter," Tiger wrote on his website yesterday. The couple's first baby, daughter Sam Alexis, was born on June 18, 2007.

REUTERS

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Gillick to return to Jays?

Championship architect may postpone retirement: Source

YorkReport

Decision-makers in the Blue Jays' hierarchy are seriously thinking of going back to the future.

Again.

Sources tell Metro the Jays' ownership is privately pondering the idea of bringing back Pat Gillick to Toronto after this season. Gillick would either work directly under or replace his long-time friend, Jays president Paul Godfrey.

And, before you go off snickering about this, I'll remind you that these same sources told us back on May 13 that Cito Gaston was a possibility to be rehired as the Jays' manager. That was five weeks before it actually happened. (Look that up at metronews.ca if you'd like a reminder.)

Gillick, of course, was the Jays' general manager during their halcyon days, including their World Series years in 1992 and 1993. He is planning to retire as the Philadelphia Phillies' GM after this season.

As MLB insider Ken Rosenthal reported recently, though, "Gillick is a baseball lifer. Even though he is 71, few envision him walking away."

Godfrey's contract expires after the season. J.P. Ricciardi's pact as the Jays' GM runs through 2010 but, as Rosenthal reported, he's "in trouble. He creates problems for himself with his bluntness, and in six seasons has yet to produce a playoff team, even though ownership has increased payroll to nearly $100-million."

• The aforementioned sources whispered the Jays also are ending their long-term affiliation with Syracuse and may move their Triple-A franchise to Columbus, Ohio. Buffalo would make sense, too ... The careers of Jeff Kent and Frank Thomas, ex-Jays and future Hall of Famers, appear to be over because of surgeries required on their knee and quad, respectively ... Another Hall of Fame shoo-in, the St. Louis Cardinals' Albert Pujols entered last night needing to drive in only nine runs to become the third hitter in MLB history to record 100 RBIs in his first eight seasons. He'd join the select company of Ted Williams and Al Simmons and would surpass Joe DiMaggio.

• Ricky Williams is back as the Miami Dolphins' main running back but he simultaneously is studying osteopathy and plans to become a doctor.

Williams said: "I like to make people feel better," something he did for the Argonauts only after he left them.

• The Argos' Arland Bruce has been fined by the CFL for the Spider-Man mask he wore (not cool, not funny) after a touchdown in Hamilton Monday ... The Winnipeg Blue Bombers will sign former Tiger-Cat quarterback Timmy Chang ... Don't be surprised if Charlie Taaffe will soon be Hamilton's former coach.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Fancy footwork

• Oddsmakers are listing former NFLer Warren Sapp as a 30-to-1 longshot to win the next Dancing with the Stars . Close behind him, at 40-to-1, is 82-year-old actress Cloris Leachman.

B.C. Sports in brief

LIONS In a swap of big name running backs, the B.C. Lions have acquired perennial all-star Charles Roberts from the Winnipeg Blue Bombers in exchange for Joe Smith. Roberts has rushed for more than 1,000 yards in six straight seasons, and racked up more than 1,500 yards in four of those six years. The versatile back has also averaged nearly 50 receptions a year since 2002, but his production is down significantly this season. Smith was voted the Lions offensive MVP a year ago, after leading the CFL in both rushing and touchdowns, but an inconsistent start combined with a change in offensive philosophy made him expendable.

CANUCKS The Vancouver Canucks were also dealing yesterday, sending speedy Ryan Shannon to Ottawa for defenceman Lawrence Nycholat. Shannon registered 13 points in 27 games for Vancouver last season, splitting time between the Canucks and Manitoba Moose. Manitoba is a likely destination for the 29 year-old Nycholat, who has played just 22 games in the NHL over the past two seasons.

SCOTT RINTOUL/METRO VANCOUVER

NHL Bryan McCabe's stay in Toronto has officially come to an end. The Florida Panthers acquired the veteran defenceman along with a fourth-round pick in 2010 from the Maple Leafs yesterday in exchange for blue-liner Mike Van Ryn. McCabe, 33, signed a five-year, $29 million US contract with the Maple Leafs in 2006.

NHL Jacksonville Jaguars offensive tackle Richard Collier is in critical but stable condition after being shot early yesterday morning.

METRO NEWS SERVICES

JEFF HAYNES/REUTERS

World No. 2 Roger Federer of Switzerland celebrates a five-set victory over Igor Andreev of Russia at the U.S. Open last night in New York.

Federer survives U.S. Open scare

TENNIS The iron will of Roger Federer and the burning desire of Novak Djokovic carried them into the quarter-finals of the U.S. Open yesterday.

Russia's Igor Andreev exposed Federer's vulnerable side before the Swiss star protected his four-year New York reign with a compelling 6-7, 7-6, 6-3, 3-6, 6-3 triumph.

"It was a tough match, the wind was changing with either side, it went from day to night session which is never easy. It was tough conditions but I'm happy we put on a good show," a relieved Federer said after his 3 1/2 hour win.

Weakened by a dodgy stomach and a hip injury, Djokovic downed 15th-seeded Tommy Robredo 4-6, 6-2, 6-3, 5-7, 6-3. REUTERS

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	84	51	.622	—
Boston	80	57	.584	5
N.Y. Yankees	73	64	.533	12
Toronto	70	66	.515	14½
Baltimore	63	74	.460	22

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	77	60	.562	—
Minnesota	77	60	.562	—
Cleveland	66	70	.485	10½
Detroit	66	71	.482	11
Kansas City	57	79	.419	19½

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	83	53	.610	—
Texas	67	72	.482	17½
Oakland	63	74	.460	20½
Seattle	54	83	.394	29½

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	77	61	.558	—
Philadelphia	75	63	.543	2
Florida	70	68	.507	7
Atlanta	59	79	.428	18
Washington	53	85	.384	24

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	85	53	.616	—
Milwaukee	80	57	.584	4½
St. Louis	74	64	.536	11
Houston	72	66	.522	13
Cincinnati	61	76	.445	23½
Pittsburgh	57	79	.419	27

WEST DIVISION

	W	L	PCT	GB
Arizona	70	67	.511	—
L.A. Dodgers	68	70	.493	2½
Colorado	65	74	.468	6
San Francisco	59	78	.431	11
San Diego	53	84	.387	17

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Boston 14 Baltimore 2
Cleveland 9 Chicago White Sox 3
Kansas City 5 Oakland 2
L.A. Angels 5 Detroit 4
N.Y. Yankees 7 Tampa Bay 2
Texas 6 Seattle 4
Toronto 7 Minnesota 5

NATIONAL LEAGUE

Atlanta 16 Florida 14
Philadelphia 4 Washington 0
Pittsburgh 3 Cincinnati 2
N.Y. Mets 6 Milwaukee 5
Houston 9 Chicago Cubs 7
Colorado 6 San Francisco 5
St. Louis 8 Arizona 2
L.A. Dodgers 8 San Diego 4

TODAY'S GAMES

AMERICAN LEAGUE

Chicago Sox at Cleveland, 9:05
Baltimore at Boston, 10:35
Seattle at Texas, 11:05
L.A. Angels at Detroit, 4:05
Minnesota at Toronto, 4:07
N.Y. Yankees at Tampa Bay, 4:10
Oakland at Kansas City, 5:10

NATIONAL LEAGUE

Atlanta at Florida, 10:10
N.Y. Mets at Milwaukee, 11:05
San Francisco at Colorado, 12:05
St. Louis at Arizona, 12:40
Philadelphia at Washington, 4:10
Pittsburgh at Cincinnati, 4:10
Houston at Chicago Cubs, 5:05
San Diego at L.A. Dodgers, 7:10

CFL

WEST DIVISION

	W	L	T	PTS
Saskatchewan	7	2	0	14
Edmonton	6	3	0	12
Calgary	5	4	0	10
B.C.	4	5	0	8

EAST DIVISION

	W	L	T	PTS
Montreal	6	3	0	12
Toronto	4	5	0	8
Hamilton	2	7	0	4
Winnipeg	2	7	0	4

WEEK 11

FRIDAY'S GAME

Calgary at Edmonton, 6

SATURDAY'S GAME

B.C. at Hamilton, 1

SUNDAY'S GAMES

Toronto at Montreal, 10
Saskatchewan at Winnipeg, 1

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:

FRIDAY'S GAME

VANCOUVER at Puerto Rico, 5

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:

LAST NIGHT'S RESULT

Salem-Keizer 3 VANCOUVER 0

TONIGHT'S GAME

VANCOUVER at Salem-Keizer, 6:35

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Medals awarded to Dawson College shooting "heroes"
On Sept. 19, six individuals will be recognized for their bravery during the 2006 shooting at Dawson College in a ceremony at Rideau Hall. A Dawson security chief, school carpenter, and three Montreal police officers will receive Medals of Bravery for their actions. METRO NEWS SERVICES

Workology

Sex on campus

Dalhousie University has announced a new "sexonomics" course: "The Economics of Sex and Love" examines the relationship between economics and marriage, sexual practices, and love — a relationship that has existed for thousands of years. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Strolling with dogs to an $80,000-a-year tune

KRISTA MARTIN
for Metro Canada

Corinne Byblow, the "Top Dog" owner of Fetch N' Go Pet Services, thinks of herself as the cool aunt of the animal world.

"It's easy to walk five dogs at a time because they think of us as the fun relative," she explained.

"We show up with car rides and treats and the dogs are pretty happy to see us," said Byblow.

She started up the business four years ago in Kitsilano when she was laid off from her job at a bank.

Deciding where to go next, she knew she wanted to be around animals but didn't want to go into a medical-related field.

"I am just too emotional when it comes to animals in despair," she said.

"Instead, I wanted to spend time with them, enriching their lives by providing love, fun and stimulation."

With two pets of her own, Murphy and Riley, Byblow knew there was a lot of work involved in looking after pets.

"I was lucky to get involved a few years ago on the Westside when there weren't as many services being offered.

"Today, there are at least 20 companies I know of just in the Westside," she said.

Even with just a small staff of two, Byblow has generated revenue of about $80,000 this past year.

Although her business is booming, Byblow said the first year was tough and the business generated just under half of what it does today.

She currently charges anywhere between $16 to $25 for dog walking and pet sitting, depending on whether it is a private or group service.

It also takes a special skills set to go into this kind of career.

"First of all, a total love of animals and working outdoors in any kind of weather," she explained.

Byblow recommends volunteering at a local SPCA as a dog walker for those who have an interest in this career.

But it's not all cats and dogs, she completed a marketing management certificate at BCIT as well as qualified through Human Resources Development Canada in order to understand the business end of things.

"You need a plan — just like anything in life," she said.

Although a challenging career, make no bones about it, Byblow is incredibly fulfilled.

"The best part of my day is arriving at a pet's home and getting the happiest greeting from dogs with wagging tails and wet kisses, to cats that purr and give head-butts," she said.

To learn more about Fetch N' Go, visit: fetchngo.com

PHOTO SUBMITTED

Corinne Byblow's love of animals led her to starting a dog walking business in Kitsilano. After four years, the company is generating about $80,000 in business.

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Working Labour Day not out of the ordinary

BRIAN COULTON
for Metro Canada

Labour Day: summer's final frontier. It's the cherry on top of the last long weekend before students go back to school and workers return to the daily grind. While most Canadians were enjoying that last backyard barbecue, final cottage getaway or just reclining in front of the CFL's Labour Day lineup, such was not the case for more than a third of us.

The new Everest College Labour Day Poll reveals that not only did 35 per cent of Canadians work over the holiday weekend, but that over half of Canadians typically clock more than nine hours a day.

Julia Kennedy, assistant vice-president of career services at Everest College says the reason Canadians are becoming workaholics is because of the financial system being seen internationally.

Kennedy says the rising costs of fuel, food and other living expenses help explain our increased workplace presence. "We're seeing this across the board. The economic factors are not just related to Canadians."

Still, with the Canadian annual median income sitting at under $25,000, Kennedy says it is little wonder we seek out additional sources of income. "Canadians need to work more to make ends meet. What we're seeing in cases such as this is that it's about moving from a job or multiple jobs into a progressive career to obtain a balance in their life."

But who is responsible for creating this work-life balance? "It's everybody's responsibility that Canadians have healthy work habits and lifestyles," says Kennedy. She says a combination of employee, employer and government involvement is necessary to generate that flexibility.

For employees, Kennedy recommends knowing yourself so you know what jobs will personally satisfy you. "A key factor is looking for work that works for you so that you can train for a better career."

Yet, Kennedy reminds it's a two-way street. "The workplace is changing. Employers are looking to meet the needs of their employees." But, charged with finding workable solutions for those in the Gen-Y, Gen-X and Baby Boomer categories, Kennedy affirms employees must make the first move with employers.

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Tuition increased for foreign students at Concordia
Concordia University's board of governors approved a 10-per-cent tuition increase for foreign students, despite numerous protests in recent weeks. The decision will raise fees for foreign students by as much as $1,000. METRO NEWS SERVICES

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Continuing Studies

Women are own worst enemy in workplace: Study

Women are their own workplace enemies when it comes to cracking the glass ceiling, with an international study finding they are less likely to promote themselves and network than their male counterparts.

The 2008 study, part of U.S. behavioural scientist Shannon L. Goodson's new book The Psychology of Sales Call Reluctance, compared almost 11,500 professional women with 16,700 men from 34 countries.

Goodson said professional women in Britain, the United States and China were more likely to promote their interests, whereas women in New Zealand and Sweden are the most timid, followed by Australian and Canadian women.

But overall, women were not doing enough to advance their own careers, she said in a statement.

"Women did not create the glass ceiling, the invisible barrier blamed for limiting their ability to earn what they're worth, but they help maintain it," Goodson said.

"Good work is important, but good work alone does not, as the myth says, speak for itself."
Shannon L. Goodson

"Being able to draw attention to your contributions and competencies at work has become an important part of modern career management, and it is something most women are still unwilling or unable to do as consistently as their male counterparts," she added.

Goodson's research found that while most men had no qualms about touting their contributions, and even sometimes lying about them, women still cling to the myth that self-promotion is "socially unacceptable," "unladylike" and "morally suspect."

"They believe hard work alone is sufficient to put them on salary and status par with their male counterparts," she said.

"Good work is important, but good work alone does not, as the myth says, speak for itself, you have to give it a voice."

Goodson's research also found that women who had managed to climb up the corporate ladder tended to "take the ladder with them," sometimes even sabotaging the chances of other female workers seeking promotion.

This part of the study, which was conducted mainly in the United States, revealed women executives may not be as encouraging or supportive of female staff.

"This led many women in the study to actually prefer male managers to female managers, claiming men are more consistent and fair-minded than women," Goodson added.

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College president loses job over racy photo
Robert A. Paxton, president of the Iowa Community College, resigned this week after an eyebrow-raising picture of him appeared in The Des Moines Register. The photo appears to show him pouring a keg of beer into the mouth of a bikini-clad young woman on his boat. METRO NEWS SERVICES

A (job) match made in heaven

OddJobs

Some are born to dance. Others, to run. Elizabeth — call her Betty — MacInnis was born to match.

By the time she decided to become a professional matchmaker about two years ago, she had already helped a few dozen friends and colleagues hook up.

"I've been doing this my whole life," says MacInnis, who was matching back in the schoolyard.

Her inspiration has always been love itself. "I realized early that it's important to be happy by yourself. But to be with someone, that's 10 times better. That's riding up in an air balloon."

But early on, both love and career were not quite euphoric for the Edmontonian. She married at 23 and had her first of two daughters less than a year later. By age 30 she was divorced and returned to the workforce.

A decade later, she was married again — happily this time — and ready for passion in her work, too. She went to New York City to take a five-day course at the Matchmaking Institute, formally launched Real Connections, and began networking like mad to both locate clients and find out what men and women wanted in love.

She kept her full-time job that first year and signed on four clients. One of them became smitten with just the second match MacInnis made for her; a guy she'd found at a home show. MacInnis knew her business was going to work.

Then she got fired from her day job. She was briefly devastated, then admitted she had been shirking her duties and spending her time on her matchmaking business.

So she now devotes all her time to love. For full-service clients, who sign on for either 18 or 24 months, she begins with a meeting in her office and then a lengthy home visit. She takes notes on everything from beliefs to hobbies to family history. If it's a guy (and in Alberta, there are lots of single guys) who needs help fixing up his place or putting together a decent outfit, she brings in a decorator or image consultant. Then she pairs him with a woman in her database of names, or goes on the prowl for that special someone.

"I have no fear of people. If someone is the CEO of a large company, I don't get intimidated. I look at him and know that at the end of the day, he's single, he still needs love."

And while she relies on her detailed notes and her database to make matches, she mostly uses her uncanny ability to read people to link up soulmates — she's done it more than a dozen times so far. When she gets the call that a client is in love and doesn't want any more matches: "I get a shiver up my spine. I'm content."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Matchmaker

Salary: $200 and up to be listed as a possible match in her database; up to $2,500 for full client services.

Education/Training: The Matchmaker Institute's training course and the right instincts.

Best Part of the Job: "Interviewing people and finding out about their lives."

Worst Part of the Job: "The accounting. No one told me about that."

Elizabeth MacInnis knows a good match when she sees one.

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Obama promises affordable tuition

Last week, U.S. Democrat Barack Obama officially accepted the party's nomination for president, and he included PSE in his speech. He referenced his plan to make tuition more affordable for students and their families. METRO NEWS SERVICES

Canada's hardest workers

RAFAEL BRUSILOW
for Metro Canada

Most Canadians consider motherhood to be the hardest profession in Canada.

A new survey shows Canadians consider mothers to be the hardest working profession, followed closely by other high-stress, high-responsibility jobs with non-standard work hours.

The Hardest Working Canadians survey, released recently by job-site Workopolis.ca, polled workers and managers across Canada to find out what Canadians think the hardest-working professions are.

Not surprisingly perhaps, moms topped the list followed by nurses, air-traffic controllers, surgeons and firefighters. High amounts of responsibility and stress, non-standard work hours, high mental concentration requirements and personal danger were the primary considerations Canadians made in naming those five professions as being the hardest-working.

The study also polled workers and managers to find out what perceptions each side had of the other's work ethic. While 61 per cent of managers said they believed they work harder than their employees, 75 per cent of workers said they believe they work harder than or as hard as their managers.

Patrick Sullivan, president of Workopolis, says he believes the discrepancy comes from the different perspectives inherent in each side. While managers frequently cited their increased responsibilities and pressures as proof of their hard work, employees often referred to the greater quantity of work they achieved as proof they worked hardest.

"Think about the priority work you need to do, not just the busy work."
Patrick Sullivan

Sullivan says the reality is that everyone is working harder, as the survey showed Canadians work an average of 145 hours more than expected every year, which boils down to about three extra hours every week.

"What we've seen over the last number of years is a change in the workplace environment. Employees and managers are being asked to work many more hours," Sullivan said.

Thirty-two per cent of respondents reported working too hard and 72 per cent indicated that exhaustion was their primary indicator of being over-worked. Sullivan suggest businesses should take note of how exhausted their employees are in order to keep productivity high and turnover low.

"Be aware of how hard your employees are working. You want them not to be stressed in the workplace — it'll let you keep them for a longer period of time," Sullivan said.

He also recommends workers who feel overworked should speak with their manager to find a long-term solution.

"If you are in a highly stressful environment you need to think about what is the appropriate work-life balance for you and speak to your manager to see what you can do to reduce that workload," Sullivan said.

"Think about the priority work you need to do, not just the busy work, and schedule that uninterrupted time to get it done," Sullivan said.

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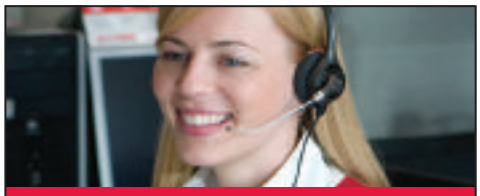

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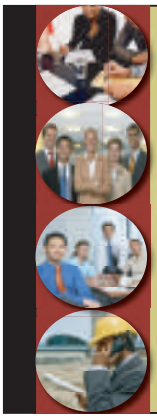

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Travel

Out of your shell

The Prince Edward Island International Shellfish Festival runs Sept. 19 to 21, with mussels, clams and oysters among the briny offerings. There will also be chowder-cooking competitions for local and international chefs, along with daily culinary demonstrations during the festival. Visit *peishellfish.com* for more. METRO NEWS SERVICES

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Living a Monk-like existence

TheTravelJunkie
Julia Dimon
thetraveljunkie.ca

A monk at the Lotus Lantern International Meditation Centre in South Korea solemnly rings a bell. The centre comprises a temple complex designed for foreigners looking to study Buddhism.

It's 3:45 a.m., and I've been awakened by the loud banging of a wooden percussion instrument. I slip into my itchy grey training suit and make my way blindly up a set of stone steps. At the top, a monk is ceremoniously striking a drum while sleepy tourists silently file into temple.

Here at the Lotus Lantern International Meditation Centre, a two-hour drive from Seoul, South Korea, visitors can spend a night experiencing the life of a monk. This 12-year-old temple complex was designed for foreigners looking to study Buddhism.

Tourists sleep on a traditional Korean cot, wake up at the crack of dawn, eat simple food, wash their own dishes, meditate and learn the philosophical principles of Zen Buddhism.

Though an overnight stay is short, the goal is to inspire visitors to learn more. My introduction to monkhood begins in the golden temple with some early morning chanting. Breathing deeply, I take in my surroundings: the smell of incense, a gleaming gold statue of Buddha, the deep hum of meditative monks. Reciting the "Bopsheen Jeeriohn," the monks prepare for their prostrations — 108 prostrations, to be exact. Hands pressed together, bending down to the kneeling position, I try to follow their lead. I place my forehead to the floor and my palms on the ground. Part squat, part push up, part penitence, the prostrations are strenuous and hard on the knees. After 20, I start to question whether I can do all 108.

"The greater pain your body feels the heavier negative karma you have," reads a nearby sign. By this logic, I'm ridden with bad karma. Blood pumping and knees cracking, I continue to struggle with the prostrations while the monks perform their early morning ritual calmly and with ease. Clearly, I need some practice at this spiritual practice. From the temple, our group of wannabe monks move to the meditation room.

Sitting crossed-legged on a cushion, I sit up straight and try to clear my mind. "Meditation is a tool which helps us be present in the moment, rather than living in the past or the future," says Alexander, a Russian monk who's been studying here for the past five years. Counting my breaths in and out, I feel relaxed, my mind concentrated.

But my focus doesn't last long. A pesky mosquito buzzes around me like a kamikaze pilot, coming in for a crash landing.

Since Buddhists don't believe you should kill living creatures (blood-sucking mosquitoes included) I have no choice but to gently swat it away and try to regain my meditative focus. Normally, my mind is continually making to-do lists, so meditation doesn't come easily. It's hard for me to imagine how monks such as Alexander are able to spend most of their days dedicated to the pursuit. After the experience, I realize that while I'm drawn to the philosophical principles of Buddhism (living in the present moment, renouncing desire for money and material objects) when I come face to face with worldly pleasures, I crack. For example, the monks believe that food is meant to sustain the body for enlightenment rather than for enjoyment. But I'm not nearly disciplined enough to think of nirvana when faced with temporary indulgences like banana splits, bacon cheeseburgers or eggs Benedict.

Extra hollandaise sauce, please.

Julia Dimon is co-host of Word Travels, airing on OLN, and editor of thetraveljunkie.ca.

more online
For more information on South Korea and temple stays, log onto *visitkorea.or.kr*

Tracking the world's Top 10 buff beaches and resorts

For travelers who really want to strip off in the sun, online travel site TripAdvisor has come up with a list of the top 10 resorts where clothing is optional.

1. Au Naturel Club, Riviera Maya, Mexico.
According to one TripAdvisor traveler: "Everyone is just there to relax and enjoy the sun and to unwind. I cannot think of a better place to do all of those things."

2. Garden of Eden Resort, Isla Solarte, Panama
Tucked away on Panama's Caribbean coast, this pristine island has a laid-back atmosphere.

3. Living Waters Spa, Desert Hot Springs, California
Living Waters Spa is the perfect place for total au naturel relaxation in the California sunshine.

4. Terra Cotta Inn, Palm Springs, California
One TripAdvisor traveler called it: "A place where you can feel totally comfortable shedding your stress, worries, and cares right along with your clothes."

5. Caliente Caribe Resort and Spa, Puerto Plata, Dominican Republic
Stay clothed on the lush Caribbean grounds if you wish, but undress for a comfortable experience that is naturally delightful.

6. Sorobon Beach Resort, Bonaire
Visitors love the tranquility of this Bonaire haven, with its shallow barrier-protected bay that makes swimming, scuba diving and snorkeling a delight.

7. Cabanas Copal, Tulum, Mexico
Relax in a seaside Caribbean cabana with candlelit evenings in this eco-friendly tropical retreat making this in-the-buff destination more appealing.

8. Club Orient Resort, St. Maarten
Pristine white beaches and uninhabited nearby islands often leave guests feeling uninhibited at Club Orient in St. Martin.

9. Grand Lido Negril Resort & Spa, Negril, Jamaica
This couples destination combines high luxury and natural beauty.

10. Punta Serena, Tenacatita, Mexico
According to a TripAdvisor traveler: "Overall, it was the most relaxing and romantic week we have ever spent at a resort."

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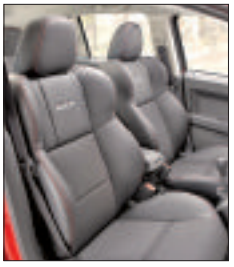
Walk on the wild side

Caliber SRT4 delivers big bang for the buck without compromising fun

B. MCLAUCHLAN
for Metro Canada

Anyone looking for great value, great performance and innovative features, the Caliber measures up.



You could say Dodge's Caliber SRT4 is one case where the marketing message meets the metal.

Its snout is bold and sculpted, as is the rear. Large headlamps and tail lamps dominate the corners. Prominent, squared shoulders and protruding wheel arches give the impression the SRT4 is larger than it actually is and help contribute to a tough-guy stance too.

Right, let's get the bread-and-butter stuff on the table first. You can get your Caliber in lesser SE, SXT and R/T trim. The SE and SXT get a 148 hp, 1.8-litre 'four' mated to a five-speed manual transmission.

Their optional automatic is a continuously variable transmission (CVT), which must be mated to the 2.0-litre four-cylinder engine. The sporty R/T combines the CVT with a 172 hp, 2.4-litre four. Prices run in the $16,000 to $22,000 range. Incidentally, all-wheel-drive is available on the R/T model.

But when Dodge's Street Racing Technology … get it, SRT? … gang created the $24,995 SRT4, they stuffed in a 285 hp, 2.4-litre turbocharged four-banger and a six-speed stick to strike fear into the heart of god-fearing church-going econoboxes of all stripes.

At $26,170, as tested, our SRT4 included Goodyear F1 performance tires on polished wheels ($250) and a $925 Option group comprising mostly minor and frivolous frills.

Inside, the SRT4 doesn't seem like a compact. The front compartment is quite roomy, and the 60/40-split rear seats are comfortable enough for two. Legroom is limited for the middle passenger because of the floor-mounted cupholders.

If you're tall enough, you can lever down the driver's seat for a classic legs-out, low-slung sports car driving position.

If you need a lift to see out, however, the manual pump-action seat adjuster trades thigh support for seat height in a way that might not suit all body types.

But the best thing about this hot Caliber, apart from its bang for the buck, is its exhilarating combination of rapid acceleration, good shift action, informative steering, firmly cushioned (if a bit choppy) ride, terrific handling and satisfying hard-edged snarl from the exhaust system. But, be advised, torque steer is at times prodigious, as is the front end's tendency to 'wash out' if you get on the power too soon in mid-turn; mid-corner bumps can also unsettle it and the optional F1 tires aren't too happy with wet pavement.

That said, anyone looking for great value, reasonable fuel economy, great performance, versatile storage capacity and innovative features, the Caliber measures up.

Inside, the SRT4 doesn't seem like a compact. The front compartment is quite roomy.

2009 Dodge Caliber SRT4

Type: Compact 5-passenger hatchback FWD
Price: $24,995
Engine: 2.4-litre L4 DOHC turbo
HP: 285 @ 5,700 rpm
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Highlights

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- Performance
- Cargo room
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Chevy reveals Cruze details

SEDAN The first photos of Chevrolet's all-new Cruze sedan — making its world premiere next month at the Paris Motor Show — reveal a dynamic four-door coupe that proves exciting design and value are not mutually exclusive.

An arching roof-line, extends from the steeply raked windshield to sloping rear pillars and short rear deck, bringing coupe-like proportions to the sedan that will ultimately replace the current Cobalt model.

The Cruze will go on sale worldwide in 2009 — initially in Europe with a North American debut to follow — and will battle it out in the market against the Ford Focus, Honda Civic and similar products.

Chevrolet Cruze

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*Cash purchase price reflects discounts only available with cash purchase price offer and not available for purchase financing or lease offers. Freight $1125 included. Licence, insurance, registration, PPSA, administration fees, duties and taxes not included. Dealers are free to set individual prices. See newspaper or your participating dealer for details. [1]When equipped with a 5-speed manual transmission, estimated 2009 ratings, based on GM testing in accordance with approved transport Canada test methods. Your actual fuel consumption may vary. [2]Equivalent Aveo model tested. US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). [3]Whichever comes first. See dealer for limited warranty details.

All about the driver

Mazdaspeed3 flat-out fun ride in the shape of a hatchback

B. MCLAUCHLAN
for Metro Canada

If other cars in this 'hot hatch' class are satisfying to drive fast, the MazdaSpeed3 is truly and deeply rewarding.

Inside, the Mazdaspeed3 looks tasteful and neatly executed with a high-grade black-on-black interior and red stitching accents.

More or less unchanged for the '09 model year, the Mazdaspeed3 is a flat-out fun ride pretending to be a nice little hatchback.

Built off the well-equipped Mazda3 Sport GT model, the 'Speed3 shares many of the former's standard features, like ABS brakes, body-colour side mirrors, door handles and side mouldings, rain-sensing intermittent wipers, tilt/telescopic steering, air conditioning with micron filter and rear heater ducts, cruise control, six-way adjustable driver's seat with height adjustment and lumbar support, 60/40-split rear seat, two-stage front airbags plus front side-impact airbags and dual front/rear side curtain bags.

There's also a front centre console armrest with dual covered storage compartments, front door storage pockets with bottle holders, driver's side setback pocket, a rear centre armrest with two cupholders, and AM/FM audio with MP3 capability, steering wheel mounted audio controls, auxiliary audio input jack and a sporty roof antenna.

So, you'll get no argument here that the dynamic little 'Speed3 caters well to one's creature comforts and general driving pleasure.

But what really makes the difference between this four-door hatchback and the more mundane 156 horsepower Sport GT hatchback is a 2.3-litre turbocharged four-cylinder engine making 263 hp that nestles beneath the Mazdaspeed3's rakishly sloped hood.

If this engine's lusty 280 lb-ft of torque seems a lot to channel through the front wheels, you're right. That's why the engine management system modulates the torque in the six-speed manual transmission's lower gears — to help mitigate wheelspin and the torque steer that tugs the steering wheel in your hands.

Also helping to make this power more manageable are full-on performance tires — mounted on good-looking 18-inch alloy wheels — that stick like superglue.

That and superb braking performance plus a lovely liveliness in the handling department make the 'Speed3 sheer delight to thread through the tightest turns.

Inside, the Mazdaspeed3 looks tasteful and neatly executed with a high-grade black-on-black interior and red stitching accents, exclusive trim elements and a nice arrangement of electroluminescent gauges that distinguish it from the remainder of the Mazda3 family. The Mazda's back seat is also a pretty comfortable place to lounge in.

Comfy back seat notwithstanding, the responsive Mazdaspeed3 is all about the driver.

If other cars in this 'hot hatch' class are satisfying to drive fast, the 'Speed3 is truly and deeply rewarding. At $29,360 it may be more expensive than some (though the '09 price is down from the 2008 model's $31,095), but as a performance driving tool for those who know how to use it, the Mazdaspeed3 is worth every penny.

2009 Mazdaspeed3

Type: Compact 5-pass hatchback FWD
Price: $29,360
Engine: 2.3L L4 DOHC turbo
HP: 263 @ 5,500 rpm
Torque: 280 @ 3,000 rpm

Highlights

- High performance with civility
- Refined yet aggressive styling
- Excellent brakes
- Steering feel
- Cabin comforts

Heed warning sign

Imagine cruising down the road and the 'check engine' light suddenly appears on your car's dash.

Unless there's an immediate change in your car's driving performance, you probably have no reason to panic.

On the other hand, if you ignore it, and continue to drive without having an auto technician check it sometime soon, you may be setting yourself up for a hefty repair bill.

A worn out oxygen sensor (or O2 sensor) often is the culprit and changing it may cost a lot less than replacing damaged engine components.

If the oxygen sensor is worn out and fails to assess the air-fuel ratio accurately, the engine's computer tries to accommodate the perceived variation and, in the process, may adjust the mixture too lean or too rich.

The result? Possible damage to the catalytic converter and other major components.

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Diesel myths dispelled

Would you consider buying a clean diesel passenger vehicle? What if owning a clean diesel vehicle translated into savings for your pocket book and helped protect the environment, without sacrificing vehicle performance?

Many car owners still have outdated perceptions of diesels. Today's diesel passenger vehicles are fuel efficient, clean and provide drivers with greater performance than comparable gasoline vehicles. You could call this diesel advantage: Good, Clean, Fun.

Cars such as this diesel-powered Jetta SportsWagen give the much-maligned fuel a good name.

Good

Diesel passenger vehicles offer 30 per cent better fuel economy, on average, compared to gasoline passenger vehicles, which means drivers make fewer trips to the pump. As a matter of fact, consumers save money every time they go to the pump even though diesel fuel prices are currently higher when compared to gasoline.

Clean

Diesel-powered vehicles, when compared to their gasoline counterparts, benefit the environment by reducing greenhouse gas emissions by up to 25 per cent. Today's clean diesel vehicles comply with all government emission regulations. With particulate filters, what comes out of the tailpipe (exhaust gas) typically contains fewer particles than the air entering the vehicle's engine — the particulate filter literally acts as a cleaner.

Fun

Diesels offer a premium performance experience due to a 50 per cent increase in torque (especially at low rpm) — the force that allows cars to accelerate smoothly and powerfully — compared to gasoline passenger vehicles. This premium performance experience includes increased acceleration and power at the point of acceleration as well as an ability to tow heavier loads for longer periods of time, compared to gasoline vehicles.

Diesel engines are a durable, fuel-efficient and eco-friendly powertrain option that provides superior performance. For drivers who want to save money at the pump without sacrificing their driving experience, diesel is a great option.

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☑ Impress your date
by driving them home in the morning.

GT model shown.

THE ALL-NEW **09 PONTIAC VIBE** is quite an impressive machine. But it's not just another pretty face. It's not even just an outstanding combination of versatility and fuel efficiency, with 6.2L/100km (highway) and 8.0L/100km (city)▲. In fact, with standard StabiliTrak™ electronic stability control system, 4-wheel disc brakes with ABS, tire pressure monitoring system, six air bags and a 3-prong household AC power outlet in the dash, the Vibe could just be "the one". It also comes with the GM 5-year/160,000 KM powertrain warranty◊, which is more than most can say. Of course, if you really do find someone who digs your own personal smart and stylish vibe, OnStar®ˣ can always point you to a nice, quiet brunch place. ***And all the fun starts at $16,998,† including freight and PDI.***

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McCartney pens song for new gal
Sir Paul McCartney has written a love song for his girlfriend Nancy Shevell that will reportedly be on his new album. FEMALEFIRST.CO.UK

Entertainment

Too explicit!
Seth Rogen was forced to cut a hardcore drug scene from his new movie Pineapple Express because the footage was deemed too explicit for British viewers. it. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Summer hits and misses

Knight delivered, Guru disappointed on the big screen

BRIAN COULTON
for Metro Canada

Like a long-weekend barbecue, this past summer movie season delivered a smorgasbord that featured some inevitable winners and losers. There were thick, juicy grilled steaks like The Dark Knight ... and then there was the rank potato salad of The Love Guru.

So, as summer winds down, Metro looks back at some of these small victories and big flops, helping narrow down your autumn DVD rental/illegal Internet streaming choices.

Not happening — Up there with aliens and dead people, M. Night Shyamalan's The Happening pinpoints humankind's next logical fear: nature fighting back! Shyamalan tries to stay hip by addressing today's concerns of climate change through the thriller movie medium. The Happening fails in story, acting, concept and pretty much every avenue of suspense and Wahlberg's performance is less exciting than a Funky Bunch reunion.

Brotherly love — Will Ferrell resurrects his love-hate bromance with John C. Reilly in the hilarious Step Brothers. The duo prompts guffaws with their portrayal of grown men living at home, creating the hell for their parents children from five through 25 typically do. Ferrell expresses exaggeration without going over the top, bringing us back to his Zoolander days.

Trade in the Ford — Oh, how Harrison Ford must need a paycheque. Indiana Jones and the Kingdom of the Crystal Skull sees the duo trudge through the jungle on a journey to replace an ancient quartz skull to its home. As if the introduction of interdimensional aliens wasn't enough of an indication that this franchise has seen one too many renewals, Jones's secret lifesaving weapon — a refrigerator – surely is.

Knight is king — Even if you detest action films and/or comic book adaptations, it's difficult to knock The Dark Knight. While Christian Bale's Batman sounds like a cross between Yoda and Godfather, Don Corleone, at least Heath Ledger's Joker pulls a posthumous punch as the film's antagonist. At times chillingly un-Ledger-like, his performance sets a certain villainous precedent for future arm hair-raisers.

Chopra wannabe — Mike Myers' The Love Guru sees Myers as Guru Pitka, trying to crack the American self-help industry. The Guru is unfunny, an unparalleled character to Austin Powers and simply unfortunate. With childish genital jokes and awkward-in-a-bad-way comedic attempts by Jessica Alba and Justin Timberlake, The Love Guru is less than transcendental. The Love Guru pokes fun at Canadians worse than a Just For Laughs Gags marathon.

The Dark Knight, starring Heath Ledger, was a summer movie hit.

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Not worth the cost of Diesel

STEVE GOW
for Metro Canada

Babylon A.D.

Director: Mathieu Kassovitz
Stars: Vin Diesel, Michelle Yeoh
Classification: 14A
Rating: ½

REVIEW Set in a dystopian future, Babylon A.D. stars Vin Diesel as Tooroop, a mercenary who, after sitting down to a nice furry-animal stir-fry, is kidnapped and bribed to escort a young woman (who's either the new Messiah or infected with a deadly virus — we ain't sure) from Russia to America.

Partnered with her chaperone (Michelle Yeoh), the trio hitches a ride on an old submarine, elude cultists and even outrun supersonic jets on ski-doos.

Awkward as that sounds, this film once held a lot of promise. The story carries similar themes of such post-apocalyptic fare as Children of Men and Blade Runner; the film looks impressively-designed and it was co-written and directed by Mathieu Kassovitz who made the stunning 1995 film La Haine (see it if you haven't). So, why then, is it such a mess?

Firstly, although Diesel has never been known for his subtlety, in this, he makes Stephen Dorff look like Benicio del Toro. Still, I could've gotten by that if all the action sequences — which are the bait of a movie like this — didn't look like they were filmed by an epileptic orangutan.

According to Kassovitz (who trashed the movie himself), the studio interfered with the production and even had the film chopped down to 90 minutes. He's described it as violent, stupid and said it looked like a "bad episode of 24." Trust me — take his word for it.

Actor Vin Diesel stars in the new movie Babylon A.D.

Metro On Campus
Join us at the following schools for Welcome Week.

Kwantlen University (Cloverdale)
Sept. 3, 11 a.m. – 1:30 p.m.

Simon Fraser University (Burnaby)
Sept. 4, 10 a.m. – 3 p.m.

Simon Fraser University (Surrey)
Sept. 5, 10 a.m. – 3 p.m.

Kwantlen University (Richmond)
Sept. 9, 11 a.m. – 4 p.m.

Stop by and say 'hello', and enter to win a $1,000 Back to School Shopping Spree courtesy of Coquitlam Centre!

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Pussycat Dolls set to star in new musical

STAGE The Pussycat Dolls are reportedly set to star in a new musical movie loosely based on their lives, femalefirst.co.uk reports.

The singers are said to be considering scripts which focus on the history of the band and allow them to showcase their acting skills.

"The Pussycat Dolls are getting a lot of film scripts to look through at the moment," a source said. "It's going to be semi-biographical, about their rise to fame, with loads of dancing and singing." METRO NEWS SERVICES

Kruger teams with Tarantino

Diane Kruger has joined the cast of Quentin Tarantino's upcoming film Inglorious B*****ds. She will play Bridget Von Hammersmark, an actress who gets caught up in a plot to attack the Nazis. FEMALEFIRST.CO.UK

Rock-ing in a nude world

Comedian's cover blown at local 'gentlemen's club,' report says

HollywoodNorth

Andrea Woo

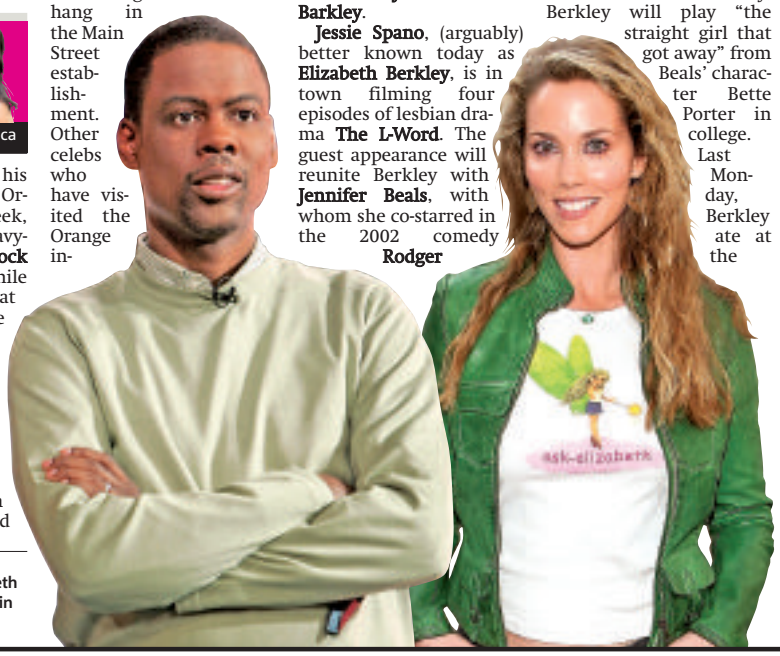
andrea.woo@metronews.ca

Two days after his show at the Orpheum last week, stand-up heavyweight **Chris Rock** had his cover blown while enjoying the sights at Vancouver's "all-nude gentlemen's club," the No. 5 Orange. According to Vancity Buzz, "he entered the joint in a hoodie and cap and got a lap dance (and whatever else)." Fun fact: **Bon Jovi**'s album Slippery When Wet, which was recorded in Vancouver, was named after a sign that used to hang in the Main Street establishment. Other celebs who have visited the Orange include **Sylvester Stallone**, **Bill Murray** and **Charles Barkley**.

Jessie Spano, (arguably) better known today as **Elizabeth Berkley**, is in town filming four episodes of lesbian drama **The L-Word**. The guest appearance will reunite Berkley with **Jennifer Beals**, with whom she co-starred in the 2002 comedy **Rodger Dodger**. According to Entertainment Weekly, Berkley will play "the straight girl that got away" from Beals' character Bette Porter in college. Last Monday, Berkley ate at the Blue Water Café with a number of girlfriends including **Amanda Peet**, who is currently here filming Farewell Atlantis. Said restaurant director **Stephan Cachard**: "(They were) really charming and beautiful ladies."

RANDOM ROUND-UP: Two movie projects began filming in Vancouver yesterday: **Battlestar Galactica: The Plan** and **Cats & Dogs 2: Tinkles' Revenge**. **Mark Verheiden**, who wrote and co-executive produced the Battlestar Galactica series for three seasons, said the movie will revolve around events that happened during the mini-series and seasons one and two. As for Cats & Dogs 2, a cat or dog named Tinkles will presumably be exacting some sort of revenge for damages incurred to him or her during the first movie.

Andrea Woo is a Vancouver-based news and entertainment reporter.



Chris Rock, left, and Elizabeth Berkley were both spotted in Vancouver last week.

Japanese film grabs top spot in Montreal

MOVIES The Montreal World Film Festival gave its top jury prize to Japanese director Yojiro Takita's Okuribito (Departures), while the top audience awards went to Canadian filmmaker Benoit Pilon's debut fiction drama The Necessities of Life.

The jury, led by U.S. director Mark Rydell, gave the Grand Prix of the Americas prize to Takita's drama about an out-of-work cellist who leaves Tokyo to return to his hometown to become an undertaker.

Pilon's feature about an Inuit man suffering from tuberculosis in 1950s Quebec earned the most popular film nod, voted on by filmgoers, and the audience award for most popular Canadian film. The festival jury also gave it a special Grand Prix award.

Barbara Sukowa took the actress trophy for her starturn in Ulla Wagner's The Invention of Curried Sausage, while the actor award went to Eri Canete for his work on Walter Doehner's Teo's Voyage, from Mexico. REUTERS

going out

5 P.M. G. Love & Special Sauce and John Butler Trio perform live. At Malkin Bowl, Stanley Park. Tix: $33.50. Info: ticketmaster.ca.

7 P.M. Simple Plan in concert. At Pacific Coliseum, 2901 East Hastings St. Tix: $29.50. Info: ticketmaster.ca.

8 P.M. Boy In The Bubble, Aching Heart Foundation and Streetlight, live indie rock. At The Railway Club, 579 Dunsmuir St. Tix: $8. Info: railwayclub.com.

9 P.M. Janet Jackson Night. At Celebrities Night Club, 1022 Davie St. Tix: $5. Info: celebritiesnightclub.com.

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/3/08	251	308	3	CBC	Coronation St.	22 Minutes	Little Mosque	Sophie	CBC News: the fifth estate		CBC News: The National (N)		(:05) The Hour
	255	358	6	JOY	E! News	The Insider	Greatest American Dog (N)		Janice Dickinson Modeling		True Hollywood Story		News (N)
	254	-	8	M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9	CTV	eTalk (CC)	Hollywood	Law & Order (CC)		Criminal Minds "In Heat"		CSI: NY "Consequences"		News (N)
	-	-	10	OMNI	Scrubs (CC)	According-Jim	The Practice "Pilot" (CC)		Third Watch (CC)		The Daily	Diya (CC)	New Day
	252	336	11	GTV	Entertainment	ET Canada	Bones "Yanks in the U.K." (Season Premiere) (N) (PA) (CC)				NCIS "Judgment Day" (CC)		News (N)
	256	389	12	VI	Robson Arms	TMZ (N) (CC)	America's Next Top Model (Season Premiere) (N) (CC)				To Be Announced		News (CC)
	253	359	13	CITY	Law & Order: SVU		Secret Life of American Teen		Hell's Kitchen (CC)		Rock of Love-Bret Michaels		Reviews
	-	-	14	CW	'70s Show	'70s Show	America's Next Top Model (Season Premiere) (N) (CC)				Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Republican Convention		KIRO News	Entertainment	Greatest American Dog (N)		Criminal Minds "In Heat"		News (N)
	287	379	16	NBC	Republican Convention		America's Got Talent Ten of the top 40 contestants perform.				Dateline NBC (CC)		News (N)
	602	568	19	W	Will & Grace	Friends (CC)	Grocery Bag	What You Eat	Supersize vs. Superskinny		Gok's Fashion Fix		Style by Jury
	288	380	21	ABC	Republican Convention		Wife Swap (CC)		Supernanny "Addis Family"		Wheel-Fortune	Jeopardy!	News (N)
	-	-	23	KVOS	M*A*S*H	Scrubs (CC)	Stealing Harvard ★ (2002, Comedy) Jason Lee, Tom Green.				Cheers (CC)	Scrubs (CC)	Seinfeld
	291	383	27	PBS	Republican Convention		Last Lecture: Really Achieving Your Childhood Dreams				Young John Paul II: Witness		Walking-Bible
	290	382	28	FOX	Two/Half Men	Two/Half Men	Bones "Yanks in the U.K." (Season Premiere) (N) (PA) (CC)				News (N) (CC)		Family Guy
	-	364	29	PBS	Republican Convention		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Mystery! (CC) (DVS)	
	296	654	34	SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
	298	653	35	TLA	Two/Half Men	Two/Half Men	America's Next Top Model (Season Premiere) (N) (CC)				KTLA Prime News (CC)		Friends (CC)
	295	651	36	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	37	WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76	STR	News (N)	News		Late Show-Letterman		(:37) The Unit (CC)		Late Late Show	
news	502	390	23	NW	Anatomy of an Earthquake		CBC News: The National		CBC News: The National		Anatomy of an Earthquake		National
	500	500	43	CNN	(3:00) Republican National Convention (CC)				Larry King Live (N)		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	Sportsnet Connected (Live)		The Ultimate Fighter		Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	U.S. Open Tennis		SportsCentre (Live) (CC)		In This Corner	Boxing Friday Night Fights. (CC)			SportsCentre
	411	457	49	OLN	Word Travels	Globe Guides	Pilot Guides (CC)		Don't Forget Your Passport		Off the Grid		
	410	403	54	SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Sports Rage		Final Score
	417	406	55	SC	Wrecked	Wrecked	Pinks	Pass Time	Am. Thunder	Am. Thunder	Pinks	Pinks Out	Wrecked
	416	409	144	GLF	Fútbol Colombiano		Gol TV News		American Soccer		Gol TV News		Gol TV News
family	552	543	25	YTV	Malcolm-Mid.	Home Imp.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Prank Patrol	Mystery Hnt.
	555	545	50	TEL	George	Bugs Bunny & Tweety Show		6teen (CC)	Total Drama	Futurama	The Critic	Chicken	Lucy Devil
	557	541	51	FAM	Wizards-Place	That's-Raven	The Suite Life	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56	TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	The Bittles	Comfy Couch
cable variety	268	354	5	KNO	Meerkat	Undersea	Cricket & the Meaning of Life		Queen of Diamonds (CC)		Galileo's Sons (CC)		World Accrdg
	575	583	20	CMT	Home Imp.	Home Imp.	Totally "Emerson Drive"		Reba (CC)	Hope & Faith	Home Imp.	Home Imp.	Ed (CC)
	570	580	24	MM	Legally Blonde (CC)		The Shift		Punk'd (CC)	Legally Blonde (CC)		Born to Be	Spotlight
	600	564	25	H&G	Flipping Out "Sell Out"		Holmes	Holmes	Property Shop	City	Property	Unsellable	Flipping Out
	615	520	31	A&E	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Dog the Bounty Hunter (CC)		Bounty Hunter	Bounty Hunter	Criss Angel
	628	584	42	SPKE	UFC Unleashed		UFC 88 Countdown (N)		CSI: Crime Scene Invstgtn.		Star Trek: Voyager (CC)		Deep Space 9
	521	560	44	TLC	Lottery Changed My Life		Jon & Kate Plus 8 (CC)		Jon & Kate	Jon & Kate	Lottery Changed My Life		Jon & Kate
	616	522	46	SHO	Kink in Hair	Kink in Hair	Billable Hours	Billable Hours	Durham County (CC)		The Riches (CC)		House (CC)
	620	523	48	BVO	Entourage	Bravonews	Law & Order (CC)		Without a Trace "All for One"		Mad Men "The Wheel" (CC)		Pleasure
	601	562	41	SLC	Inside Hollywood (CC)		X-Weighted "Sharla" (CC)		Work Out (CC)		Inside Hollywood (CC)		Trading Sp
	520	505	42	DIS	Mayday (CC)		Daily Planet (CC)		MythBusters (CC)		Dirty Jobs (CC)		Mayday (CC)
	522	506	40	HIS	NCIS "Escaped" (CC)		Cities of the Underworld		The Real Treasure Island		NCIS "Escaped" (CC)		Crime Stories
	627	528	45	SPC	Supernatural (CC)		Stargate SG-1 "Gemini"		Star Trek: Voyager (CC)		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	47	TBS	House-Payne	House-Payne	Friends (CC)	Friends (CC)	Sex and-City	Sex and-City	A Very Brady Sequel ★★ (1996) (CC)		
	619	525	48	TROP	Beverly Hills, 90210 (CC)		Reality	What	Family Guy	Seinfeld	Seinfeld	'70s Show	Family Guy
	603	561	62	FN	Italian Escape	Italian Escape	Challenge (CC)		Iron Chef America (CC)		Italian Escape	Italian Escape	Challenge
	626	547	57	COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Lewis Black	RENO 911!	Daily Show
	320	621	60	CEN	Spider-Man 3 ★★ (2007, Action) Tobey Maguire, Kirsten Dunst. (CC)					300 ★★★ (2007, Action) Gerard Butler, Lena Headey. (CC)			
	581	566	101	MTV	Run's House	Run's House	MTV Live	After	From G's to Gents (CC)		Run's House	Run's House	MTV Live
	261	394	102	V	(6:00) Murder, She Said (1961)		Hope Island (CC)		Murder, She Said ★★★ (1961) Margaret Rutherford.				Paid Program
	-	-	105	MUL	The Land	Daughters	Van. Nights	Iranian Pop	Sabor Latino		Hola Que Tal		Patrol World

critics'corner

The Riches

On the road again? Can he get back to you? The second season of this acclaimed drama series about a family of Irish Travellers masquerading as normal folks begins with Wayne (Eddie Izzard) ready to abandon the scam and hit the bricks once more. In fact, he's already sent his family off while he stays behind in Eden Falls to clean up the mess. But the straight life has grown on him, and he's having second thoughts. Minnie Driver also stars. 10 PM on SHO

America's Next Top Model

And then there were 14. In the 11th-season premiere of this popular competitive reality show, 30 young women show their stuff on a high-tech runway in hopes of moving on to the serious competition. One of the models drops a bombshell: She used to be a guy. When Tyra Banks, Jay Manuel and Miss J pick the 14 contenders, their first challenge is a political-themed photo shoot that will result in one girl getting voted out. 5 PM on WGN WPX

Gibson denies relationship with singer

Actor Mel Gibson has quashed speculation surrounding his love life following reports he has become close to Russian singer Oksana. She is reportedly just a colleague. THE DAILY MAIL

Celebrity Buzz

LeAnn Rimes and husband ready for baby

RELATIONSHIPS With their anniversary fast approaching, LeAnn Rimes and Dean Sheremet knew just how to scratch their "seven-year itch": with a party — and soon, perhaps, a baby, People.com reports.

"We're ready, definitely," says Rimes, adding that they've gotten some friendly nudging from their pal and new dad Keith Urban.

Says Rimes: "He's encouraging us to start gettin' on it!"

The country star and her husband invited 30 of their closest friends to celebrate their upcoming seventh wedding anniversary — and Rimes' 26th birthday on Aug. 28 – at the Calistoga Ranch in California's Napa Valley.

"We wanted to remember how blessed we are, and how excited we still are about each other," says Rimes, who was just 19 when she wed Sheremet, now 27, on Feb. 23, 2002. (They decided to celebrate early to take advantage of the warm weather and Rimes's birthday.)

The three-day festivities culminated with a seven-course dinner and an evening of dancing on Saturday night.

"My ankles and my feet hurt because I was jumping around on the dance floor so much!" she says.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Keira doesn't mind backlash

PEOPLE Keira Knightley doesn't care if women hate her, because it is natural for females to loathe celebrities of the same gender, imdb.com reports.

The 23-year-old insists it doesn't bother her if women detest her, as the backlash is part of being in the spotlight.

"If you put yourself in the public forum, it's what you put yourself up for. I don't need to read it," she says. "Manipulation is something women do a lot. Women get obsessed with other women - love them or hate them. That line is very easy to cross."

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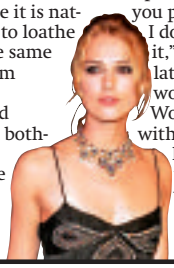


'Antics' cost Piven

CAREER Entourage star Jeremy Piven has been forced to deny his "diva" antics cost him the job of hosting a forthcoming fashion event in New York, imdb.com reports.

The actor hosted Fashion Rocks in 2007 but this year he has been replaced by Rescue Me star Denis Leary, amid rumours that Piven's outlandish demands infuriated staff at last year's event.

A source tells New York Post gossip column Page-Six that the star demanded a separate backstage green room and insisted on rewriting the script at the last minute.

"(Piven) was a nightmare," the source says. "And it wasn't even funny. (This year will see) a more trustworthy and mature host."

METRO NEWS SERVICES

Mel C. only trusts mom

PREGNANCY Pregnant Mel C. won't take parenting tips from the other Spice Girls because she only trusts her mother, femalefirst.co.uk reports.

The singer — who announced last month she was expecting her first child with her partner of six years, property developer Thomas Starr - admits the girls have all been phoning her and offering their best baby advice but she isn't interested.

"The girls are made up for me and have all offered to guide and advise me. But I'm sticking with my mum. She's my best friend and you don't get any better than that," she said.

METRO NEWS SERVICES

No rush for Justin

MARRIAGE Justin Timberlake is in no rush to wed girlfriend Jessica Biel, according to his former 'N Sync bandmate Joey Fatone, femalefirst.co.uk reports.

The singer has been romancing the actress since early last year, when she joined him at the Sundance Film Festival in Utah.

But according to Fatone, Timberlake isn't planning to wed Biel in the near future, despite taking their relationship much more seriously than his former flames.

"I think he finally met somebody that he wants to spend the rest of his life with," Fatone says. "You never know (about an engagement), but I don't know if it's the appropriate time right now. You know what, I think he is just playing it by ear. If it ain't broke don't fix it."

Biel herself appears to be in no rush to walk down the aisle. Adding to Us Weekly in a recent interview, she says: "The actual idea of signing those papers and doing all this stuff... I've never been someone who's like, 'I have to, have to, have to have it."

METRO NEWS SERVICES

celebrity briefs

Newton refuses film kiss

MOVIE Thandie Newton refused to film her sex scene with Gerard Butler in RocknRolla because he was ill, femalefirst.co.uk reports.

The actress, who plays accountant Stella in Guy Ritchie's new movie, insisted the scene didn't involve her kissing him after she realized how sick Butler was.

"I arrived on set for the sex scene to find Gerry was very unwell indeed. So I wouldn't kiss him," Newton told BANG Showbiz.

METRO NEWS SERVICES

Thiessen moves on after 90210

PEOPLE TV Former Beverly Hills, 90210 actress Tiffani Thiessen has no intention of joining her old castmates on the set of the new spin-off show — insisting she has moved on, imdb.com reports. The star played Valerie Malone in the hit U.S. teen series alongside Shannen Doherty.

METRO NEWS SERVICES

Pregnancy cravings for Rebecca Romijn

HEALTH Forget pickles and ice cream. Rebecca Romijn has her own unusual pregnancy cravings, People.com reports. "Lemonade always has to be in our fridge," said husband Jerry O'Connell.

"That's my job. (Also) soy cream cheese. It's crazy, right? Can't be cream cheese. Soy cream cheese. Do you know how difficult it is to find soy cream cheese? It's usually in the corner of the supermarket someplace!"

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

Justin Timberlake isn't in a rush to wed his girlfriend Jessica Biel. Duly noted. So I've been watching my mailbox for an invitation lately in vain. I'm not going to fooled by JT again, after those years with Cameron Diaz came to naught. It's fairly clear that his people want you to believe he's not the marryin' kind, he's too busy bringin' sexy back, whatever that means. Kind of a Frank Sinatra but with more hair and less Nelson Riddle Orchestra.

What really interests me about this story is that Joey Fatone is the messenger. What's Joey really thinking as he relates this news? Is he happy the press still talks to him? Is he thinking this is a role he has to accept in life, being the 'N Sync band guy who people ask about Timberlake? Is this all because his name spells out "fat one?"

Fatone says "... if it ain't broke don't fix it" about JT's relationship with Biel, but he should know that something is broken, and it's his career. He should be asking his people when he's going to be the guy they're talking about in connection with some impossibly hot starlet.

He's got to stop taking those calls that say, "Joey, we need you to talk to a reporter to deny that Timberlake is cheating."

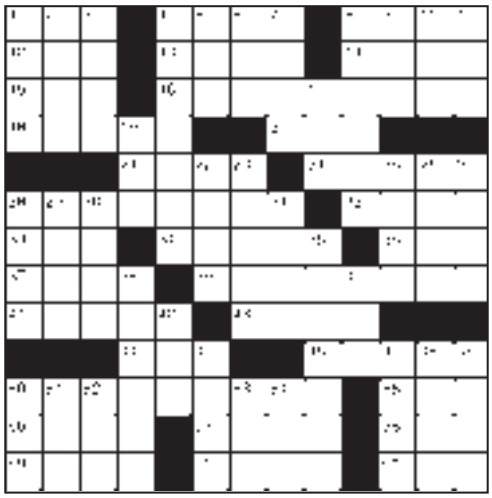
If fame is the desirable mate to be wooed, Joey Fatone is in danger of becoming the perennial nice guy who never gets any. The friend. The bridesmaid but never the bride. Next step: The Surreal Life, Season Ten. Say hi to Gary Coleman for me. Consider yourself warned, dawg.

Tough love, but it just means I love you.

NEWSDESK@METRONEWS.CA

Winehouse turns to Buddhism
Amy Winehouse, reportedly inspired by fellow singer Tina Turner, has begun to seek solace in the religion Buddhism. FEMALEFIRST.CO.UK

Take Five



Crossword down

1 United nations
2 Sweet-heart
3 Low- — diet
4 Gives
5 Tulsa sch.
6 Car starter (Abbr.)
7 Come in last
8 Sweeney Todd, e.g.
9 Exist
10 Whopper
11 Fellow
17 Couric's employer
19 B&B
22 Cheery sounds?
23 For all to hear
25 Rip
26 Supersoft mineral
27 Upright (Pref.)
28 TV show set in Korea
29 "Simpsons" bus driver
30 Mideast gulf
31 Gambling game
35 Arachnophobe's worry
38 Where to find Sarajevo
40 Inseparable
42 In medias —
45 Wherefores' mates
47 Small amounts
48 Sty cry
49 Picture of health?
50 Crazy
51 — shoestring
52 Peculiar
53 Chit
54 Gist

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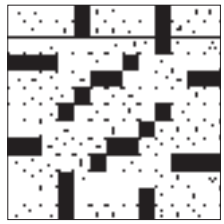
Crossword across

1 Telly watcher's choice
4 Seethe
8 Soother
12 Meadow
13 Therefore
14 Sills solo
15 Rowboat need
16 UV protection
18 Measure for Noah
20 "Chicago" lyricist
21 Mrs. Nick Charles
24 Squabble
28 Michael Jackson move
32 Raise up
33 $ dispenser
34 Footwear
36 Model Carol
37 Impale
39 Screened-in veranda
41 Esteem
43 Slay
44 Stitch
46 Rehab goings-on
50 Still brew
55 Atmosphere
56 "The King —"
57 Majesty preceder
58 "CSI" evidence
59 Arp's style
60 Long sandwiches
61 Firmament

previous day's answer



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
An upbeat chat will liven up a meal. Move quickly to calm an offended person. Keep a tight grip on your spending.

TAURUS
APRIL 21-MAY 21
Expect to work hard behind the scenes. A dynamic woman engages in high stakes manipulation. A good-for-nothing guy will make you nutty.

GEMINI
MAY 22-JUNE 21
Get serious about having fun. A radical person drops by. Leap over tall obstacles when the chips are down.

CANCER
JUNE 22-JULY 22
Beautiful advances are made by a humble person. Hold yourself aloof in upsetting situations. An unfair comment will be explained and forgiven.

LEO
JULY 23-AUG 23
Someone is stronger than you feel. An optimistic person will say impulsive things. Your overindulgence will disturb others.

VIRGO
AUG 24-SEPT 22
An unruly group welcomes your interference. You want to romp with someone but plans must be pursued. A special occasion causes excitement.

LIBRA
SEPT 23-OCT 23
A meeting can clear up a misunderstanding. Denial becomes a family concern. Give a gift to someone who is lonely.

SCORPIO
OCT 24- NOV 22
Your past consideration will turn a new page in your life. Resist the temptation to waste time. Be patient when someone backs away.

SAGITTARIUS
NOV 23- DEC 21
Try to focus energy on your money situation. Look for tenderness before boredom sets in. A procrastinator is in denial.

CAPRICORN
DEC 22-JAN 20
Tight spots will be easier to slip out of now. Improve your understanding of relationship woes. You are tired of being stuck in a rut.

AQUARIUS
JAN 21-FEB 18
Your love power is turned back on. Buy yourself some luxuries. A tall man tends to be too intense.

PISCES
FEB 19-MAR 20
A friend is determined to have his own way. Debts may cause minor embarrassment. Don't be wishy-washy about taking action.

This day in history

SEPT. 3, 1492: Christopher Columbus sets sail from Palos de la Frontera, Spain.
SEPT. 3, 1678: Robert LaSalle builds the Le Griffon, the first known ship built in America.
SEPT. 3, 1783: Mount Asama erupts in Japan, killing 35,000 people.
SEPT. 3, 1934: Adolf Hitler becomes the supreme leader of Germany by joining the offices of President and Chancellor into Führer.
SEPT. 3, 1949: National Basketball Association is founded in the United States.
SEPT. 3, 1958: The Billboard Hot 100 is founded.
SEPT. 3, 1960: Niger gains independence from France.

METRO NEWS SERVICES

Sudoku

6	7			3		8		1
		5						2
4					2		5	
		9	4		8			
7				9				6
			7		1	5		
	1		5					4
5						9		
3		6		2			1	5

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

3	1	2	4	9	6	5	7	8
9	5	7	3	1	8	4	2	6
6	4	8	7	5	2	3	1	9
1	3	6	5	2	4	8	9	7
8	9	4	6	3	7	1	5	2
7	2	5	1	8	9	6	3	4
4	6	1	9	7	5	2	8	3
2	7	3	8	6	1	9	4	5
5	8	9	2	4	3	7	6	1

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

more games metronews.ca

WORDY GURDY

Vancouver weather

Afternoon	Tonight	Thursday	Friday	Saturday
Partly cloudy. 18°	Clear. Low 11°	Variable. 18°/ 10°	Sunny. 18°/ 11°	Sunny. 20°/ 13°

The Weather Network theweathernetwork.com

Temperature Normals
High: 20.4°
Low: 11.5°

Records
High: 29.3°/1988
Low: 6.1°/1943

Sunrise: 6:32 a.m.
Sunset: 7:49 p.m.
Moonrise: 11:18 a.m.
Moonset: 8:51 p.m.

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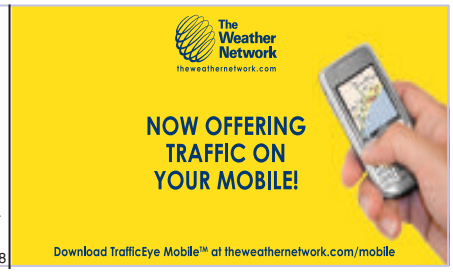

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150 - 625 Howe St.
105 - 950 West Broadway
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220 East 1st Ave.

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Royal City Centre

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